



WILCANNIA COMMUNITY NEWSLETTER

— Maari Ma Health Aboriginal Corporation

KIILA LAANA



MAARI MA PRIMARY HEALTHCARE SERVICE

JUNE 2024 | ISSUE 78

May was a thrilling month for the kiila laana program, featuring two exciting competitions and opportunities for Facebook followers to snag fantastic prizes.

Kicking off with Mother's Day, Krista Tatt and Tina O'Neil from the Early Years program delighted Facebook followers by sharing recipes for the Big Bush Curry and Snakes Eyes Biscuits.

Followers had the chance to participate in the Mother's Day competition by submitting a photo of the inspiring women in their lives. The fortunate winner received a prize pack

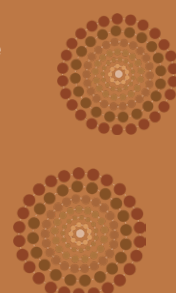
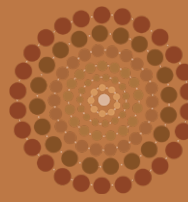


Mother's Day Competition Winner Karina Philp



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"Improving Aboriginal health and closing the gap"



containing native ingredients and the coveted Coo-ee Cuisine cookbook.

Simultaneously, overlapping the Mother's Day festivities by a few days, the Kiila Laana team launched their World No Tobacco Day competition. With the assistance of AHW Darren Kemp, followers were encouraged to present their creative interpretations of a World No Tobacco Day message. Darren showcased some innovative ideas on the Facebook page, including an impressive dance routine performed without music, rehearsal time, or guidance. Well done, Darren! In total, there were eight entries, with the first-place winner walking away with a \$1000 Woolworths voucher and a \$500 Top End Meat voucher. Second place received a \$1000 Woolworths voucher, while third place earned a \$750 voucher for Top End Meats. The remaining entrants each received a \$100 Top End Meat voucher.

To celebrate World No Tobacco Day on Friday 31st the kiila laana team attended Playgroup and presented guests with gift packs before announcing the winners of the competition. Maari Ma's midwives team also received gift packs to hand out on the day.

Aboriginal Health Worker (AHW) Darren Kemp showcased his creative side and dance moves, encouraging followers to enter the competition.





kiila
laana



Right: Wilcannia playgroup supporting the World No Tobacco Day competition

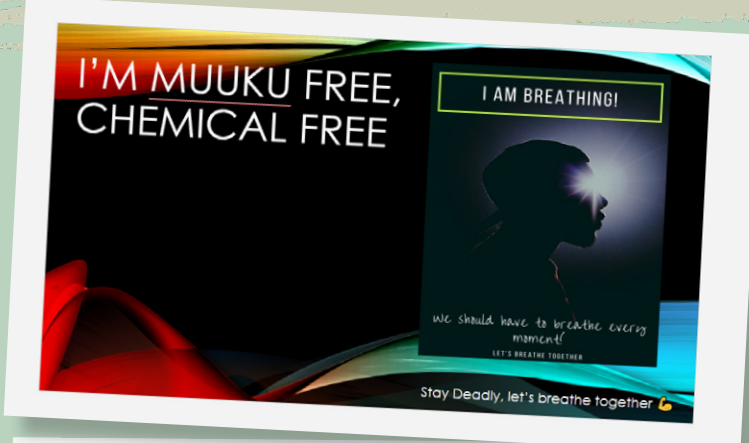


Below: Midwife Eliza Miller and Tessa Files present pregnant Mum Mariah Goldsworthy with a World No Tobacco Day gift pack.



Mother's Day





Caitlin Coff won First Prize with her personal journey and the impact smoking had on her children. She served as an exemplary role model for her kids, persistently tackling the challenge of quitting tobacco despite numerous attempts



WINNER. Caitlin Coff received \$1000 Woolworths Voucher and a \$500 Top End Meat Voucher

SMOKING

- My children asked me many times before in the past, "Mummy can you please stop smoking the yukkies? We don't want your lungs to get sticky & die". And my same excuse everything to them was, "I will someday".

Don't get me wrong I had tried many times before but I just kept going back to smoking again. But on the 19th of June 2023 that was it for me. I gave up the cigarettes, even though my children and I were going through a rough patch in our life as I wasn't doing too good with my health I did it for my children.

Not just for my own health problems but for my kids. I had to show them that I could do it. And I did. I just knew it was time to say GOODBYE! to the smokes.

SMOKING VS. VAPING

This damages the human body

MY GUARDIAN ANGELS!!

- I am really proud of myself, but I am more thankful that for my loved ones they encouraged me to stop smoking, if it wasn't for them I most probably would still be puffing away.

So I'd not like to thank but LOVE to thank my inspiration, my idols & my best friends MY CHILDREN, MY BABIES, Cooper & Hannah for helping me with their love and words ❤️❤️❤️

VAPOR VS SMOKE
A SIMPLE GUIDE ON THE EFFECTS OF VAPOR VS SMOKE

VAPOR	SMOKE
4 NO LINGERING SMELL	7000+ TOXIC CHEMICALS
NO CARCINOGENS	20% OF ALL DEATHS
NO TOXIC CHEMICALS	SMOKING KILLS! TREAT YOUR LUNGS TODAY!

VAPING

But unfortunately I then started to vape too ease myself off of the cigarettes, But I started to feel myself getting addicted to the vapes and I could feel my body getting irritated without them.

So on the 31st of December 2023 I ran out of my last vape New Year's eve around 11.30pm jussst before it turns to am. I then said to myself NO MORE!! And ever since then I haven't touched a vape!

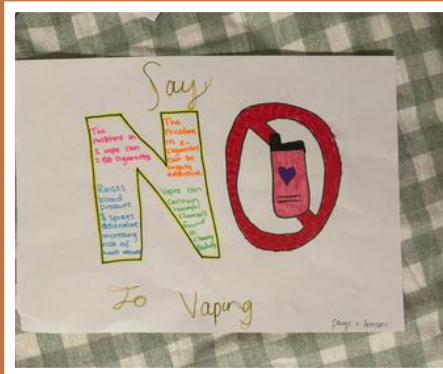
I am finally free of all the toxic wastes I was putting into my body, into my lungs!!



The Short and Long Term Effects of Vaping and Smoking

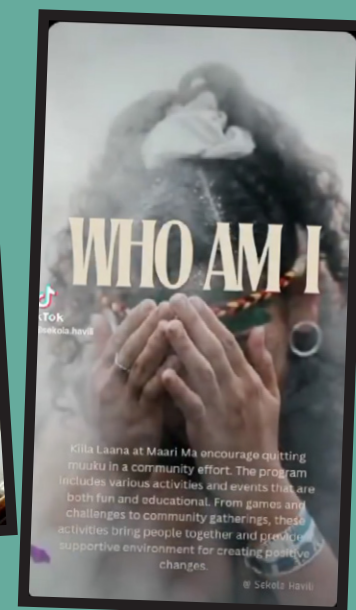
Time	Vaping Effects	Smoking Effects
Seconds	Rush of euphoria	Rush of euphoria
5 Mins	Arteries Narrowed	Coughing
1 Hour	Brain fog and headaches	Craving next hit
1 Week	Blood vessel function altered	Loss of hearing

Paige Robson and Armani Dalton submitted these fantastically colourful messages and provided a dance as well. Their moves were on point, and the use of colour along with important messages stood out, winning them the second-place prize of a \$1000 Woolworths Voucher.



Michael King received third place, taking home the \$750 Top End Meat Voucher. Michael had something to say about smoking, and frankly, you can't argue with his short but direct approach:

'Smoking is bad for ya, it can kill ya lungs, and vape can kill ya lungs too. So make sure you do not smoke and you do not vape. Done!'



Nickoda Stokes, Racheal Pailate, Dakotah Martin, Seki Havili, and Karina Philp's entries showcase our talented community, from taking a step in the right direction and going vape-free together, to a fabulous poem on tobacco, and a presentation on keeping the message relevant every day and just saying no. Everyone received a \$100 Top End Meat Voucher. Great work, everyone.

Racheal Pailate and Daughter receiving a \$100 Top End Meat Voucher for their entry



Nickoda Stokes received a \$100 Top End Meat Voucher for her entry

Karina Philp accepting the \$100 Top End Voucher



**Keep yourself and your
mob strong this winter.**

Get your free flu vaccine.



Aboriginal Mental Health First Aid Training

FREE Training

Wilcannia

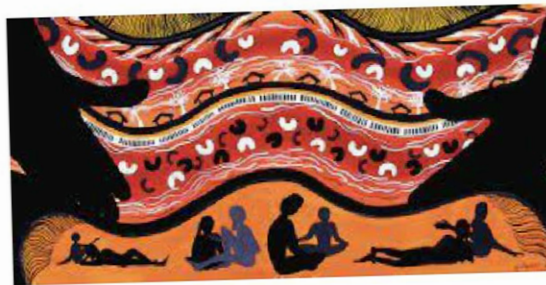
Expression of Interest

Tuesday 30th – Wednesday 31st July 2024

The Far West Local Health District and Royal Flying Doctor Service would like to invite you to participate in Aboriginal Mental Health First Aid Training.

Gain the confidence needed to support your mob

- Learn in a cultural safe space
- What is mental health?
 - How to help mob
 - What to do in a crisis
- The importance of yarning
 - Where to get help



Please make contact if you wish to register for Aboriginal Mental Health First Aid Training

Location to be announced.

Cory Paulson - Cory.Paulson@rfdse.org.au

Kendi Reardon - Kendi.Reardon@health.nsw.gov.au

Desley Mckellar – 08 8080 1502



BALRANALD

Community

EVENT 2024



SUNDAY 4TH AUGUST

GREENHAM PARK SPORTING COMPLEX
12PM TO 6.30PM - FREE ENTRY - ALL WELCOME



- > FREE BBQ LUNCH
- > SWEET SISTERS FOOD VAN
- > PETTING ZOO
- > FACE PAINTING
- > HAUNTED HOUSE LASER TAG
- > ROCK CLIMBING WALL
- > JUMPING CASTLE
- > BAD BOYS RIDE

with **SPECIAL GUESTS**

SEAN CHOOLBURRA

COMEDY SESSION + KIDS WORKSHOP

GLENN MANTON

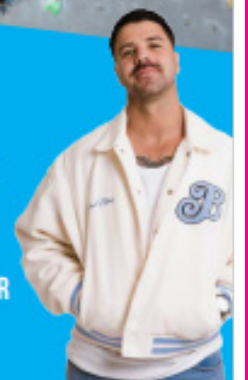
FORMER AFL PLAYER/GUEST SPEAKER

MATT RUNNALLS

MINDFULL AUS/GUEST SPEAKER

HEADSPACE

TEEN WORKSHOP



FOR MORE INFO CALL: 03 5020 0009



Communities & Justice

GP REVIEW

During the year you should see your doctor to see if your GPMP or medication needs to be changed. You may also need some tests.

START

Your cycle of care starts with a twelve monthly CTG/IPIP sign up. This includes ATSI Health Check and a follow up by a health worker.

FOLLOW-UP CARE

Our health workers will visit you to talk about your health and see how you are going with your medications.

MAARI MA CYCLE OF CARE

GPMP & MEDICATION

You will be looked after by our Keeping Well team and other specialists like our dieticians, podiatrists and eye specialists. The Keeping Well team and pharmacist will help you with your medications which could include a Home Medication Review and a Webster Pack.

You should see your doctor regularly and develop a care plan to manage your health. This plan is called a GPMP.



Maari Ma Primary Health Care Service

Improving Aboriginal Health & Closing the Gap..

About MMPHCS

Maari Ma Primary Health Care Service aims to provide culturally appropriate health services to Aboriginal people living in Broken Hill and surrounding communities.

We are governed by an all Aboriginal Board of Directors, who are deeply committed to providing an holistic approach to Aboriginal health that includes physical, emotional, spiritual, cultural and environmental dimensions.

Our health workers, doctors and nurses are committed to providing you with the highest quality care. If you ever feel that this has not been achieved, please contact the manager, Kendy Rogers, on 08 8082 9777 to discuss the matter.

Regular services

Doctors
Nurses
Health workers
Child health nurses
Midwives
Dietician
Primary mental health workers
Alcohol and other drug staff
Psychologist
Kids dentist
Adult dentist
Women's health
Pharmacist
Social Worker

Occasional services

Heart specialist
Kidney specialist
Diabetes specialist
Child health specialist
Eye specialist
Alcohol specialist
Smoking specialist
Podiatry
Optometrist
Psychiatrist
Child and Adolescent
Psychiatrist
Pain Specialist



Kendy Rogers

Executive Manager
Remote PHCSs



Nola Whyman

Executive Manager
PHCS

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